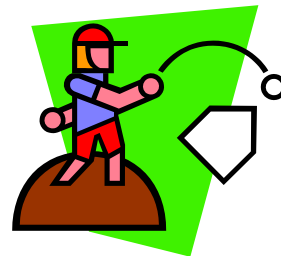


## Notes on Fast Pitch Softball



Teach these three things in this order:

1. Mechanics
2. Speed
3. Location

The following information deals with developing the mechanics of your young pitchers

### **I. Grip**

- a. **middle finger across the seam and sits on the seam with the backwards or forward “c”**
  - i. **you can use tape across the ball for pitchers to more easily see where to put their middle finger**
    1. **when actually pitching the ball you should see the ball rotate along that line where the tape is**
- b. **the thumb and the other 3 fingers should be on the seams also**
  - i. **fingers should hold the ball loosely with a little space between palm and ball**
  - ii. **pinky is used to just help stabilize the ball in your hand**

### **II. Power Line**

- a. **draw a line straight down the middle of the mound towards home plate**
- b. **feet are on the power line at a 45 degree angle**
- c. **back shoulder is dropped a little**
- d. **catcher should not be able to read the front of your shirt**
- e. **back leg**
  - i. **should be bent**
  - ii. **weight is on the back leg**
  - iii. **back heel is up**
- f. **arm should be able to rotate all the way around without hitting your leg**

### **III. 1<sup>st</sup> Drill-Snap**

- a. **hand at hip**
- b. **arm goes straight back**
  - i. **cock wrist**
    1. **catcher should be able to see the ball when the wrist is cocked and elbow is bent**
  - ii. **elbow bent**
  - iii. **close to body on follow through**

### **IV. 2<sup>nd</sup> Drill-Wall**

- a. **stand next to wall in position described above and do arm circles practice the snap at the end**

### **V. 3<sup>rd</sup> Drill-Snap on Power line**

- a. **ball out in front and bring arm back and repeat drill with ball snap on power line**

- VI. 4<sup>th</sup> Drill-Arm circles on Power line**
  - a. Arm circles on power line**
    - i. ball in glove in front**
    - ii. when ball goes back you should be able to see the front of the hand on first arm circle**
    - iii. just the arm moves**
    - iv. lead through with front of hand with full arm circle and go to snap (see above)**
- VII. 6<sup>th</sup> Drill-Walk Through**
  - a. 2 steps back from mound**
    - i. steps towards mound with L, R (for a right hander-opposite for left hander)**
    - ii. start motion on right foot**
    - iii. drive out with left leg on the 3<sup>rd</sup> step into power line**
    - iv. snap through**
- VIII. 7<sup>th</sup>-Drill-Leg drive**
  - i. keep weight back and check position**
  - ii. left calf to right calf**
- IX. 8<sup>th</sup>-Drill Put it all together**
  - a. walk through all at one time with follow through**
- X. Rules to “Present” when stepping on the mound**
  - a. ball in glove with opposite hand separate before stepping on the mound**
  - b. step on mound with left then right foot (for right hander)**
  - c. weight goes on the right foot**
    - i. right foot should have the arch on the front part of the mound and locked into the pitching rubber**
  - d. feet should be wide**
  - e. glove and hands come together**
    - i. get grip in glove (this is the “presenting” part of pitching)**
  - f. hands come apart**
  - g. right foot slides to the middle of mound/power line**
  - h. come up**
  - i. push out and proceed using the other motions mentioned above.**